

There can only be one undefeated team

Sgt. D. R. Cotton
Press Chief

The Headquarters Battalion Warriors defeated the Savages of 1st Battalion, 12th Marine Regiment, 18-15, in Tuesday’s game that came down to the final few possessions.

After a game of feast-or-famine offensive and defensive performances, several lead changes and countless big plays, the Savages failed to recover an onside kick with less than two minutes remaining, leaving the Warriors a kneel-down away from their victory.

“They have the best offense in the league, and we have the best defense,” said Kelvin Brown, Warriors head coach. “It came down to who was better that day. We expected it to be a good game and we got it.”

The Savages had set the tone immediately with defense by intercepting Warriors quarterback Coleman Tull. This was reciprocated with the Warriors intercepting a pass from Savages quarterback Jeremy Fowler. This time, the Warriors would drive the ball into the end zone on a big run from running back Anthony Smith.

The Savages would miss a field goal attempt, and both teams’ defenses would stop all other drives, leaving the score at 6-0 in favor of the Warriors at the half.

“Their defense tackles really well, and their defensive line had good form,” Fowler said. “We improved a lot week to week. I don’t remember any dropped balls, and our offensive line played well.”

The Savages would make their comeback in the third quarter with a couple of big receptions leading to a touchdown and corresponding extra point, that led to a 7-6 lead for the Savages and the first time the Warriors had been losing this season.

This would be the last time the Savages would score until late in the fourth quarter. The Warriors consolidated their defense and scored two consecutive touchdowns, one after a fourth quarter interception.

“We were trying to confuse their quarterback on the coverage and (defensive back Tyson) Thompson was able to come up with it,” Brown said. “They had a good drive going. That interception motivated our offense after their last drive.”

The Warriors were able to intercept the Savages in the Warriors Red Zone to prevent their scoring. The Savages would not be stopped on their next drive, when they scored a touchdown



Quarterback Jeremy Fowler, 1st Battalion, 12th Marine Regiment Savages, gets sacked by the Headquarters Battalion Warriors defense, Tuesday. “They have the best offense in the league, and we have the best defense,” said Kelvin Brown, Warriors head coach. “It came down to who was better that day. We expected it to be a good game and we got it.”



Headquarters Battalion Warriors quarterback Coleman Tull takes a warm-up snap before the Warriors’ Tuesday night matchup against the Savages of 1st Battalion, 12th Marine Regiment. The Warriors went on to defeat the Savages, 18-15.



Headquarters Battalion Warriors discuss their game plan before the Warriors’ Tuesday night matchup against the Savages of 1st Battalion, 12th Marine Regiment.

and two-point conversion that led to their failed on-side attempt.

“Fatigue was the biggest factor in the game,” Brown said. “There offensive line got tired and our linebackers got tired.”

Both Brown and Fowler said keeping composure in the face of fatigue makes a difference in finishing the intramural games.

Hispanic Heritage observed in Latin-based Zumba

Rochelle Smolinski
Photojournalist

Created when fitness instructor Alberto Perez forgot his aerobic music tapes and ad-libbed his class with salsa and merengue mixes, Zumba has become one of the world’s most popular dance-fitness programs.

With its Latin-themed roots, the program naturally goes hand in hand with National Hispanic Heritage Month observed from Sept. 15 to Oct. 15.

In lieu of luncheons, speakers, Spanish song and speaking lessons, base equal opportunity advisor Gunnery Sgt. Curtis Bradley proposed the base raise Hispanic heritage awareness by having Marines exchange Physical Training for the renowned Latin-based exercise.

“This being Hispanic Heritage month, I hadn’t seen too much going on around the base and so I was pondering what would be a good idea,” Bradley said. “Typically they would have a speaker come in, or a luncheon ... but I was thinking of a way to bring us all together with something a little more fun and we all get exercise out of it.”

Bradley arranged to set aside a special Zumba class at the Semper Fit Center, Thursday, celebrating Hispanic Heritage month with salsa beats and dancing feats. All units on the base were encouraged to attend the class.

Instructor Honey Cushman, a five-year veteran instructor for military fitness programs, has been a certified Zumba instructor for three years. She said her routines are simple and she ensures her students will be challenged but able to keep up.

“If you think about it, people don’t usually just get up and dance for an hour, but in Zumba you’re constantly on the go, go, go,” Cushman said. “For an hour, you’re on your feet dancing, moving, jumping ... program that works with the music.”

More than 35 people attended the special Zumba session, nearly half of which were Marines. Cushman said she was excited to host the class for her regulars and the participating units.



Zumba instructor Honey Cushman and equal opportunity advisor Gunnery Sgt. Curtis Bradley pump each other up with shouts of encouragement toward the end of the special Hispanic Heritage Zumba class, Thursday.

“It was fantastic,” Cushman said. “The crowd was good, everyone was enjoying it and we all had a good time.”

The units certainly were. For one hour Marines stepped, jumped and kicked their way to fitness instead of running the usual PT regimen.

Sgt. Raphael Cervantes, Wounded Warrior Battalion West — Detachment Hawaii, had never done Zumba before but said he enjoyed the class and would consider going again in lieu of PT.

“It’s good to change it up every once in awhile,” Cervantes said. “People get bored of doing the same thing.”

However Hispanic Heritage Month is observed, consider celebrating the Hispanic influence by dancing your way through the Latin roots of Zumba.



Sgt. Danny Woodall vs. Sgt. D.R. Cotton

VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to HawaiiMarineEditor@gmail.com. If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up, ladies ... it’s game time.

Is is time for the Cowboys to dump Romo?

COTTON: After one of the worst showings of any quarterback this season, we ask ourselves again whether or not, Dallas Cowboys quarterback Tony Romo has a place as the long-time franchise quarterback for one of the most prolific NFL clubs. Romo was picked off five times, which would have been bad enough, but these were all in very bad places in the game. There are lots of reasons why Dallas may want to dump their ROMOmance and get with someone worth a proper commitment; he can’t perform well in the playoffs, he hasn’t performed well enough with great teams, he doesn’t play up to his expectation, he can’t lead, all his detractions come at bad times, or maybe he is just plain-old unlucky. Anyway, after watching Monday’s game with retrospect on his career, it’s time to get Bearish on Romo.

WOODALL: Let’s cut out the clever puns and rhetoric and get down to brass tax. Look, I’ve been a Cowboys fan my entire life (even through the Dave Campo years) and I’m not about to turn my back on the Holy Romo Empire. The Cowboys aren’t in “rebuilding”

mode, they’re merely building ROMOmentum before making a playoff push. Similar to 2011, the NFC East will be decided in weeks 16 and 17. Romo and the ‘Boys have shown they can win in the playoffs — our defeat of the Philadelphia Eagles in the wildcard round of the 2009 Playoffs. Romo is a gun-slinging quarterback in the style of Brett Favre. Imagine if the Packers benched Favre — the NFL’s all-time interception leader — in the mid-90s ... disastrous. Sure, Romo will have his five-interception games, but he’s also capable of throwing for 400-plus yards and five touchdowns like any other elite quarterback.

COTTON: Although the Cowboys haven’t started their season at 1-7 this year and might even make the playoffs, that doesn’t mean Romo should stay. On the contrary, he’s worth a lot to trade because of his inflated stats. He’s not even in the top 10 quarterbacks of the NFL Top 100 player poll, yet he has always been treated like Brady, Manning, Rodgers, and then him, Romo? I don’t think so. They have only had one playoff win in more than a decade and a half, that makes this era the least productive in Cowboys

history, which Romo has presided over half. Statistically, he is a better clutch quarterback than Eli Manning (who I loathe as a Patriots fan). Are we meant to believe this? This is why it comes down to the intangibles of winning in the NFL. Romo has got to go.

WOODALL: The President of the United States has the second-most stressful job in America. The first? Starting quarterback for the Dallas Cowboys. Rather than lambasting Romo, perhaps we should ask ourselves why he’s developed as an amazing scrambler passer and not a decent pocket passer — it’s because he doesn’t have an offensive line to protect him. Without a legitimate starting front, Romo has to force a lot of plays. Thanks to his skill, he usually gets the job done. Unfortunately, this also leads to the occasional multi-interception performance. On another note, you want to talk about the intangibles? You can’t be the face of the Dallas Cowboys unless you possess all of the right off-the-field intangibles. This includes (but is not limited to): attractive celebrity girlfriend, pleasant disposition, and good bone structure.



WOODALL



COTTON

COTTON: The only qualification Romo has to be quarterback of the Dallas Cowboys is that he is Jerry Jones’ sycophant. All of the things you said, besides the scrambling, are against Bill Parcells’ 11 Quarterback Commandments. Most of all, he doesn’t have the kind of stoic consistency that is reminiscent of all quarterbacks in their roads to Super Bowl victories. He is great when it’s not critical and terrible when it counts the most throughout the game. He hasn’t developed to the level he should be at, to include Brett Favre.

WOODALL: First of all, two-time Super Bowl winner Eli Manning doesn’t have “stoic consistency” either. His calm demeanor stems from an inability to speak or read above a fourth-grade level. But again, all good things come with time. Romo is on the cusp of greatness, he just needs the appropriate support to get there. Sure, Romo isn’t ready to be a “top three” quarterback, but he’s better than anyone the Cowboys can muster right now — through their depth chart, free agency, or otherwise. With Romo, the Cowboys at least have a fighting chance in a very tough NFC East.

SPOTLIGHT ON SPORTS

Splash and Dash Biathlon

Support the sailors of Helicopter Anti-Submarine Squadron Light 37 at the Splash and Dash Biathlon, Saturday, Oct. 20, at 7 a.m. Start the morning with a 500-meter swim in Kaneohe Bay, finishing with a 5K run that begins and ends at the Hangar 103 pad. This race is open to the general public. Online registration closes Tuesday, Oct. 16 at 4 p.m. Visit <http://www.mccshawaii.com> for more information.

Turkey Trot 10K

Take a running tour of MCB Hawaii with our last 10K run of the season, Nov. 17 at 7 a.m. The race will start and finish at Dewey Square. Run alone or in a six-person formation. Register online by Nov. 13 and receive a race T-shirt. Late registrations will be accepted, but with a late fee. Pick up your race packet by Nov. 16 at the Semper Fit Center. For more information, call 254-7590.

Youth Sports

Sign your child up for winter baseball and basketball programs or become a youth sports volunteer coach.

Registration continues through Oct. 23 from 9 a.m. to 5 p.m. For more information call 254-7473.

Keep cool with Aqua Aerobics

Step into better fitness with water weights during this hourlong class. Participants do not need to swim in order to participate. Class is held at the base pool Saturdays at 9:30 a.m. through the fall. For more information, call Semper Fit at 254-7597.

Semper Fit Juniors Program

The Semper Fit Juniors Program is open to 14- and 15-year-olds who, upon the completion of a Fitness Basics class, will receive a badge and are granted independent access to the center from 2 to 5:30 p.m., Monday through Friday, and during regular operational hours on the weekends and holidays. Even with completion of the Fitness Basics class, youth must be accompanied by an adult outside of these designated hours. Independent access will be granted to all group exercise classes regardless of times (participant fees still apply). Participants must present their military identification and badge upon

entering the facility after completing the class. For details, call 254-7597.

Adult sailing courses

The base marina offers a monthly adult sailing course where patrons can learn the basics of sailing in just four days. The highlight of this course is that participants will have the opportunity to receive a U.S. Sailing Small Boat Certification, valid at marinas across the nation. The cost includes book and certification. To register, call 254-7666.

New Outdoor Recreation and Equipment Center open at base marina

Check out the fun at building 6800. The OREC features a new, expanded selection of water activity, recreation equipment, and party rentals. For more information, visit <http://www.mccshawaii.com/marina.shtml#open>.

Sail around Coconut Island

Come sailing with us, and we’ll do all the work. We cruise around Kaneohe Bay and Coconut Island Thursdays from 1 to 4 p.m. Bring your own

refreshments. There is a fee per person and a five-person limit. Call 254-7666 for details.

Cosmic Bowling at K-Bay Lanes

The lights are off but bowlers can still strike it big as they play with the lane’s special cosmic lights and neon-colored bowling balls. The glow-in-the-dark games are Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information, call 254-7693.

Female Flag Football Schedule

Oct. 14

Game site to be determined
2 p.m.- Army’s Angels v. TNT
3:30 p.m.- Sharks v. War Dawgz
5 p.m.- Falcons v. Maniax

Oct. 21

Game site to be determined
2 p.m.- Falcons v. Sharks
3:30 p.m.- Vixens v. TNT
5 p.m.- Army’s Angels v. War Dawgz
For more information about joining a team or the schedule, email: hawaii_female_flagfootball@yahoo.com.



Students perform stationary cardio exercises and strength training during a TRX class at the Semper Fit Center, Tuesday. The TRX training system has garnered a devout following and popularity, especially among professional athletes and military members. Utilizing a pair of straps and nothing else but gravity, TRX emphasizes calisthenics exercises coupled with body stability to create a challenging workout.

Blasting the body with TRX training

**Story and photos by
Cpl. James A. Sauter**
Combat Correspondent

From a first look at the class, running in place, jump roping without a rope and strength building using TRX straps while keeping in-time with 1980s workout music would seem like a butt-kicking workout that flirts with insanity. To Cpl. Daniel Law, the workout is everything he puts into it down to the last grunt and drop of sweat.

Service and family members participated in a grueling one-hour workout session of TRX training at the Semper Fit Center, Tuesday.

The TRX training system has garnered a devout following and popularity, especially among professional athletes and military members. Utilizing a pair of straps and nothing else but gravity, TRX emphasizes calisthenics exercises coupled with body stability to create a challenging workout.

“I’ve been doing the gut-cut class with [Semper Fit center fitness instructor] Honey Cushman a couple times during the week and she said, ‘Hey, you should go to this,’” Law said. “This class is probably the best one they have at the gym.”

To keep the class interesting and fun for newcomers and returning participants, Cushman plays different music ranging from the 1980s to modern day pop and hip hop. Dependent on the number of students in a class, Cushman has them alternate between TRX bands and stationary cardio exercises.

“One, two, three and four ... keep going, keep going, and switch!” Cushman shouts to the class, already beat from the nonstop workout. Groans, moans, laughter and smiles were had by all as they dripped sweat on the gym floor. Finally, after an hour, Cushman ended



Cpl. Daniel Law and other students perform leg exercises using straps and their body weight during a TRX class at the Semper Fit Center, Tuesday.

the workout and finished the class with stretching.

“What I find the most helpful in this class is having the people to the left and right of you to keep you pushing harder and harder until you’re done,” Law

said. “This class has pretty much everything ... it’s amazing.”

For more information about classes, contact the Semper Fit Center at 257- 7594.



Honey Cushman, Semper Fit Center fitness instructor, performs a stationary cardio exercise along with her students during a TRX class at Semper Fit, Tuesday. To keep the class interesting and fun for newcomers and returning participants, Cushman plays different music ranging from the 1980s to modern day pop and hip hop. Dependent on the number of students in a class, Cushman has them alternate between TRX bands and stationary cardio exercises.

Mass flu exercise brings services together

News Release

Pacific Regional Medical Command

HONOLULU — Installations around the island held a mass flu vaccination exercise, Sept. 18-20, with the goal of vaccinating as many Oahu-based active duty service members and emergency-essential civilians as possible.

In previous years, each service would individually hold shot exercises where they would immunize their personnel. This year, all services coordinated together and held a mass joint immunization exercise.

“We wanted to test our capability to mass immunize against a potential pandemic,” explained Lance Golder, analyst, Military Vaccine Agency.

During the 72-hour exercise, more than 21,000 Department of Defense uniformed and civilian personnel were vaccinated across the island.

“Vaccinating over 21,000 people in three days is no small feat,” Golder said. “(We) did it at 12 different locations with multi-service staff both working and getting vaccinated. One of the comments I heard over and over as I visited (the) sites is that (the personnel) could immunize at least double the numbers with little effort.”

The mass vaccination exercise used a closed point of dispensing system, or PODs, which is different than traditional vaccination or medication dispensing sites, because it brings the vaccine to where soldiers and emergency-essential civilians are.

“The (point of distribution) layout at the Makai Recreation Center has been designed to accommodate approximately a 10-minute processing time for units consisting of 200 personnel,” said Air Force Staff Sgt. Aimee Braxton, noncommissioned officer-in-charge, Hickam Immunizations clinic and Joint Vaccine Working Group representative.

“Following a catastrophic health event, the ability to dispense medical countermeasures to affected populations quickly and efficiently is crucial,” added Thomas Bookman, emergency operations manager, Pacific Regional Medical Command and Tripler Army Medical Center.



Stephanie Bryant | Tripler Army Medical Center Public Affairs

Spc. Leonard Tovar, Sedation Center, Department of Pediatrics, Tripler Army Medical Center, administers the influenza vaccine to an active duty service member, Sept. 20, in the TAMC Gym as part of a joint mass immunization exercise that was held Sept. 18-20.

The flu vaccine isn’t important for just service members and emergency-essential civilians — everyone in Hawaii should consider getting vaccinated and take precautionary measures to avoid spreading the flu.

“Each year in the U.S., approximately 25 million cases of influenza get reported,” Golder explained “These cases result in about 150,000 hospitalizations due to serious complications and more than 30,000 people die from influenza annually in the U.S. alone. The seasonal influenza vaccine is one of the most beneficial tools in modern medicine for reducing sicknesses, deaths, health care costs and conserving

fighting strength.”

“The influenza vaccine is particularly important for everyone living in Hawaii because we see influenza cases all year around,” Golder explained. “It is important to remember that Hawaii is a gateway to the world. We have travelers arriving from both hemispheres where their peak influenza season may be in full bloom.”

Vaccines are now available to all Tricare beneficiaries at military medical treatment facilities in Hawaii. Vaccines will be available at post exchanges throughout October and local schools in October and November.

NAVFAC Pacific contract award bolsters environmental restoration program

News Release

NAVFAC Pacific Public Affairs Office

PEARL HARBOR — Naval Facilities Engineering Command Pacific on Sept. 27 awarded AECOM Technical Services Inc. a cost-plus-award fee, indefinite-quantity, indefinite-delivery contract with a maximum amount of \$85 million for architect, engineer, environmental, technical and engineering services in support of the Navy’s Environmental Restoration Program in the Pacific.

“Our Environmental Restoration Program is a key element upon which we rely to manage our responsibility towards protection and preservation of the environment,” said Capt. Pete Lynch, vice commander, NAVFAC Pacific. “The Navy continues to take this duty to environmental stewardship very seriously as we work to remediate areas on our active bases.”

The work may include performing field investigations; analyzing environmental samples; validating and evaluat-

ing analytical data; performing human health and ecological risk assessments; providing community relations support; preparing remedial designs; performing construction oversight; and preparing project reports.

“The Navy’s restoration program includes the Installation Restoration Program and Munitions Response Program,” said Karen Sumida, environmental business line manager. “This contract award is essential for the sustainability of these programs as we con-

tinue to meet our compliance mandates under the Comprehensive Environmental Response, Compensation, and Liability Act.”

Work on this contract will be predominantly performed at various Navy and Marine Corps Activities within the NAVFAC Pacific area of responsibility including Hawaii and Guam. Work may include services for other Department of Defense or federal agencies. The term of this contract is not to exceed five years.



Crime Prevention Tip of the Month:

Per base policy, runners and walkers must be aware of traffic even when crossing streets or using crosswalks and are not allowed to use headphones when running or walking on sidewalks. PMO will be responsible for enforcing this policy.

PMO Contact Numbers & Locations

- To report suspicious activity/behavior or for non-emergency calls contact the desk sergeant:
257-1018/2123; Bldg. 1096
 - For information regarding check in/out, fingerprinting, or weapon registration contact:
257-6994; Bldg. 1095
 - For information regarding pet registration, fishing regulations, or lost/found animals contact the PMO Game Warden:
257-1821; Bldg. 3099
 - For information regarding vehicle decals, base passes, and vehicle registration contact:
257-2047/0183; Bldg. 1637/1095 for MCB Hawaii and 477-8734/8735; Bldg. 601 for Camp H.M. Smith
 - For information regarding traffic regulations, citations, or traffic court contact the Traffic Court bailiff:
257-6991/6992; Bldg. 1095
 - For all other numbers not listed contact Base Information:
449-7110
- For more information visit the PMO website:
<http://www.mcbh.usmc.mil/mp/default.htm>

Topic of the Month

While operating a bicycle aboard MCB Hawaii installations be sure to follow Base Order 5500.15B regarding bicycle regulations. Bicycles are only permitted on streets, roads, and parking areas; only children operating foot powered device with a height of less than 16 inches are allowed to ride on sidewalks. While riding a bicycle you may not be towed by another vehicle or tow another vehicle, you may not wear headsets, earphones, or other devices that obstruct hearing, and if caught riding a bicycle while under the influence of alcohol or other drugs you will be subject to the same penalties as for driving a motor vehicle under the influence of alcohol or drugs. While operating a bicycle the operator is required to wear a fastened bicycle helmet at all times. While operating a bicycle at night the bicycle must be equipped with a front white light that is visible 500 feet. For a list of all the requirements refer to Base Order 5500.15B Paragraph 7011. For more information, call base safety at 257-1830 or the PMO Accident Investigation Division at 257-6987.

IN CASE OF EMERGENCY DIAL 911

ENVIRONMENTAL CORNER

DISCOVER wildlife and historic significance of MCB Hawaii

Sign up today for L.E.A. — Local Environmental Awareness class, Oct. 17. You’ll discover wildlife living here and the historic and cultural significance of this Mokapu Peninsula. Meet Environmental Compliance and Protection Department staff and energy managers who will answer your questions and reveal ways you can make a difference. Topics cover volunteer opportunities, recycling, ways to conserve energy and protect our oceans, how to prevent pollution while saving money, and more. Taking care of our environment enables our Marines and sailors to continue training here in a healthy place.

The Hawaiians have a word, “pono” which embodies being respectful and in balance with all areas of life. This includes caring for the land, leaving it as good as or better than when we found it. Success of our mission at MCB Hawaii relies on the quality of this environment. You and I play a vital role in caring for it. Let’s live “pono.” Sign up for LEA today! Class is 7:30 a.m. to noon and fulfills MCO P5090.2A awareness requirements. Individual Letters of Completion are issued for your records. Contact the environmental department at 257-9974 or Michele.chang@usmc.mil.



Red-Footed Booby Bird on MCB Hawaii

BASE/COMMUNITY/VOLUNTEER EVENTS

Talk Story Festival

The 24th annual free Talk Story Festival is scheduled for Oct. 19 and 20, from 6 to 9 p.m. at McCoy Pavilion (in the center of Ala Moana Beach Park). Storytellers will be telling scary stories on Oct. 19 and family-oriented stories on Oct. 20. For details, contact Jeff Gere at jgere@honolulu.gov, or call 768-3032.

Mission Houses Museum seeks volunteers

The Mission Houses Museum is seeking volunteers for various positions, including accounting/administrative assistant volunteers, curatorial/collections volunteers, database assistants, IT/marketing assistants and more. For details, contact Marcia Timboy at 447-3918 or email mtimboy@missionhouses.org.

Waimea Valley events

Kanikapila Sundays are scheduled on Oct. 21, Nov. 18 and Dec. 16. This freestyle music circle is held in the Waimea Valley pavilion area and free to the public. Bring your instruments or just come and listen to the music from 1 to 4 p.m. Moon Walks are scheduled on Oct. 26, Nov. 30, Dec. 28.

This special monthly, 1.5-mile round-trip walk will take you from the ticket booth area to the waterfall area and back. There is a small fee. There is also an Arbor Day Annual Tree Give-Away on Saturday, Nov. 3 scheduled to start at 9 a.m. with an annual plant sale. Waimea Valley's annual Makahiki Celebration on Saturday, Dec. 1. This is a time-honored celebration paying tribute to Lono, the Hawaiian deity of the harvest, with hula, music, traditional games and crafts. For more information, call 638-7766 or visit <http://www.waimeavalley.net>.

Halloween Teen Dance

Teens and guests ages 10-14 who are Marine Corps Base Hawaii CYTP members are invited to the annual Halloween dance on Oct. 26 from 6 to 9 p.m.

A costume contest with prizes will be held and pizza and drinks will be available for purchase. This event will be held at the Youth Activities Center and will be supervised by Youth Activities staff. For ticket purchase and more information call 257-2030.

Bellows Boofest

Bellows Boofest will be held Saturday, Oct. 27, from 11 a.m. to 9 p.m. at Bellows Air Force Station. For a small fee, there will be a pumpkin carving contest, scavenger hunt, costume contest, trick or treating, storytelling, a movie, and a Kiddieland to include bouncers, water slide, face painting, arts/crafts, and a live DJ. Bring your family and have a fun, safe and Happy Halloween at Bellows AFS. For details, visit <http://www.bellowsafs.com>.

USO Hawaii seeks volunteers

USO Hawaii is seeking volunteers for the Medal of Honor Convention 2012. The convention will be held in Honolulu from Oct. 1 to 6.

There are volunteer opportunities until Oct. 10. To obtain a volunteer application form, please visit <http://medalofhonorconvention2012.com/volunteerform>. For more information, email BTroegner@uso.org.

Oktoberfest

Raise your mug and join the festivities at Kaneohe Bay Officer's Club Friday, Oct. 12, at 5:30 p.m. for your little slice of Bavaria. Dine on German cuisine, sample a variety of beers during a beer tasting, and enjoy a cultured evening beside Hilltop pool with family and friends.

The event is open to E6 and above, admission is \$10. For more information call 254-7650.

Harvest Fest Celebration

The Youth Activities Center is the venue for the 3rd annual Harvest Fest Celebration set for Friday, Oct. 19 from 4 to 6:30 p.m. This is a free event for all base youth and families.

Scheduled activities include a petting zoo, fire engine rides, a pumpkin patch, a haunted house, arts and crafts, games, rides, and our fabulous Trunk or Treat event where children receive Halloween candy.

Young Marines Program open house

Young Marines are opening a unit on Kaneohe Bay, and there will be an open house at the Mololani Community Center, 1931 Campion Drive, at 6 p.m., Oct. 16. We are also looking for adult staff volunteers to begin building our program.

This is a great opportunity for community service, and helping us “Strengthen the Lives of America’s Youth.” Must be at least 18 years to apply.

For more information send us an email at: PyramidRockYM@gmail.com or call: 443-975-6805/6807, please leave a message if we are unable to answer.

General “Howlin Mad” Smith 5K Run/Walk

Join HQSVC Bn MarForPac for the General “Howlin Mad” Smith 5K Run/Walk Saturday Oct. 27 beginning at 7:30 a.m. at the Kailua Beach Park.

Feel free to run in your Halloween costume! For more information and registration visit <http://www.active.com/running/kailua-hi/general-howlin-mad-smith-5k-2012>.

Entry fee before Oct. 15 is \$25. All proceeds benefit the MARFORPAC Birthday Ball. For more information, call 477-8359.

MOKAPU BRIEFS

Box Tops for Education submissions are due on Oct. 12.

There is no school on Monday in observance of **Columbus/Discoverers’ Day**.

Bingo Night is scheduled for Oct. 12. For more information about Bingo Night, email PTAMokapu@gmail.com.

MARINE MAKEPONO

Apartment for rent. Two-bedroom 985-square-foot apartment available in Kailua. Ocean and mountain views. One and a half bathrooms, shower connects bathrooms. Secured building with pool. \$2,000 per month. No smokers. Basic cable and water included. Call 392-0709.

Washer and dryer for sale. Like new, extra large capacity, top-loading Kenmore washer and electric dryer set for sale. Excellent condition. \$450 obo. Call 910-750-2386.

Coffee table for sale. Made of solid oak, natural wood finish. Lightweight but sturdy. Excellent condition. Call 520-204-0144.

Car for sale. 2001 Saturn IS 200, 4-door sedan, dark green. 95,000 miles, great condition. Perfect island car, second vehicle or starter for teens. Moving, must sell by Oct. 10. \$1,900. Call 520-204-0144.

Apple accessories for sale. iPad photo connector docks, USB and SD. Apple Store product MC531ZM/A. Brand new, still in box. \$20. Call 520-204-0144.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in Building 216, Room 19. Please have your Military ID and a short write-up of what you’d like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.